

## If the going gets tough, the tough get going!

Everyone goes through challenging times and that's something unavoidable! It's an unfortunate phase when things go wrong. It might appear as if everything is turning against you, and nothing seems to work. During these tough times it's easy to get discouraged and frustrated driving one to develop a pessimistic mindset. Every person will go through this inevitable phase. For some it's a short-term concern lasting for a day or for a week! But for some it could be prolonged and extended. For such individuals, if effort is not taken to resolve the issue or change the approach quickly, it could be catastrophic for the concerned person and could lead to ill health, further distress and in some worse case scenarios - > depression.

There could be something or many things going wrong in a person's life. Problems could be financial, emotional, physical and it would be difficult not to worry or be concerned about these issues. Nevertheless, effort must be made to keep sanity and do whatever is humanly possible to rectify or solve the underlying problems. Weakening mental health is the biggest risk for all during tough times and everyone must take care of their mental health. Do not add to the existing problems by ignoring the weakness and the vulnerability of the mind. Look for body signals and signs which indicate uneasiness or frustration building up and deal with it immediately.

Possible Solutions for people going through tough times or bad phase. I could write a whole book on this subject but including only 5 remedies. Rest the person reading this blog can come up / add up!

- 1) Always remember whatever is happening, it's transitory. Things change, nothing persists eternally.
- 2) Always remember there are some things beyond your control! Worrying about things you can't control won't help you to change your situation.
- 3) Avoid watching / reading / discussing negative news. It's good to be informed but does not make good judgment to be fixated with news which disturbs you.
- 4) If working from home / isolating at home convince yourself that this is the best time for you to catch up on learning / reading / writing or doing things, which makes you happy, things which develop your innermost personality. There is no reason to feel jaded as there are hundreds of ideas / things you could think of, to use your time effectively and productively!
- 5) Lastly never give up! Things can be tough! But you are tougher! You can overcome all challenges if you have the willpower to persist and move on.....!

**Bobby Natesh**

